

ACE Recipes



recipe *noun* [**res-uh-pee**] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.



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Edited by Lewis R Cunningham

Version 1.0

Dedication

This book is dedicated to the hard working folks at Oracle who run the Oracle ACE program. Vikki, Lillian, Todd, Bob and more, thank you very much.

If you are wondering what the ACE program is, here is a bit of info from the Oracle web site:

What is the Oracle ACE Program?

The [Oracle ACE Program](#) is designed to recognize and reward members of the Oracle Technology and Applications communities for their contributions to those communities. These individuals are technically proficient (when applicable) and willingly share their knowledge and experiences.

The program comprises two levels: Oracle ACE and Oracle ACE Director. The former designation is Oracle's way of saying "thank you" to community contributors for their efforts; we (and the community) appreciate their enthusiasm. The latter designation is for community enthusiasts who not only share their knowledge (usually in extraordinary ways), but also want to increase their community advocacy and work more proactively with Oracle to find opportunities for the same. In this sense, Oracle ACE is "backward looking" and Oracle ACE Director is "forward looking."

What is an Oracle ACE Director?

Oracle ACE Directors are individuals who not only meet the requirements of an Oracle ACE (that is, a track record of advocacy), but who can also commit to future participation in an ongoing dialog between Oracle and the people who use Oracle Technology or Applications in the "real world." Most Oracle ACE Directors have also made extraordinary contributions of some kind, whether technical or community-oriented. As with Oracle ACEs, employees are not eligible.



Introduction

This book, the Oracle ACE Cookbook, is a free book. Please feel free to copy it and share with others.

This book came about because I love to eat. Since I love to eat, I learned to cook in self defense. I also love working with Oracle and databases. I put them together and came up with the idea for an Oracle ACE cookbook.

The Oracle ACE program has been a great opportunity to meet some intelligent and fascinating people. People from all over the world are in the program. I sent out an email to the ACE and ACE Directors and asked who would like to share some of their favorite recipes. This cookbook is the result.

The recipes in this cookbook, like the people in the ACE program, are international. Some of the recipes are more complex than others. Some of them look like a RAC implementation. They all look delicious though.

I hope you enjoy the book, and I hope you enjoy the recipes, if you make them. From all of us at the Oracle ACE program, Bon Appetit!

Lewis R Cunningham

Riverview, FL USA

Feb 23, 2013



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If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart. ~***Cesar Chavez***

Main Courses

Food is our common ground, a universal experience. ~ **James Beard**



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Salmon Partitions



From: Chef Arup Nanda

Serves: 2

Prep Time: 45 min—3 hrs

Cook Time: 20 min

Instructions

Preparation

1. Mix the contents of the marinade – yoghurt, ginger paste, garlic paste, onion paste, soy sauce, thyme, 3/4th of the olive oil, salt and pepper in a medium size bowl. Mix thoroughly.
2. Skin the salmon steaks on one side. Leave the skin on the other side.
3. Drop the salmon pieces into the marinade bowl and gently rub the sides forcing the marinade to seep in. If you have a marinating syringe, inject some marinade into the flesh.
4. Cover the bowl with a plastic wrap or a cover and put in the refrigerator for up to 3 hours. If you don't have that much time, marinate outside the refrigerator for 30 minutes.
5. Fill the large pan with plain water. Place the sheet of wood inside. Put the brick on the sheet to keep it down. Make sure that at least 3/4th of the brick is under water. Keep it like this for 3 hours (or 30 minutes, if you don't have time).
6. 30 minutes prior to start of the cooking, take the pizza dough out of the refrigerator and allow it to warm up to the room temperature.

Cooking

1. Warm the grill. If you don't have a grill, warm up the oven.
2. Take the wood sheet out of the water and place on the grill. If you don't have a wood piece, put a 6"X12" aluminum foil on the grill or the oven rack and turn the sides slightly up so as to make a small pan.

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Notes

Healthy, hearty and delicious – that's what this salmon-based dish is all about.

Ingredients

Salmon, cut into two 1" steaks

Marinade

Ginger paste – 1 tbsp

Garlic paste – 1 tbsp

Onion paste – 2 tbsp

Soy sauce – 1 tbsp

Olive oil – 2 tbsp

Salt

Pepper

Thyme – 1 pinch

Yoghurt – 4 tbsp

Other items

Pizza dough – 1 ball

Lemon - 1

Baby carrots - 2

A Cup of flour (to roll the dough in)

A sheet of wood 3"X5" (any wood of at least 1/4" thick will do)

Aluminum foil 12"X12"

One Brick (get one from your yard.

Clean if dirty)

A large pan big enough to keep the brick submerged

Salmon Partitions

Continued

3. Take the salmon pieces out of the marinade and put on the wood (or the aluminum foil). Put the skin side down.
4. Pour the remaining marinade in the bowl on the fish.
5. Put a few slices of lemon on the fish pieces.
6. If you are using aluminum foil, place the other 6"X12" piece on the top of the fish, clamp down the sides of the bottom aluminum foil to make a pocket inside which the fish stays.
7. Take the brick out of the water and put it on the grill or the rack of the oven. Close the grill cover (or oven door).
8. Roll the pizza dough on the table, with flour so as not to let the dough stick to the table. Pizza dough is malleable; you can pull into any shape. Make a triangular shape. You don't need to be perfect; just a triangle like shape is good enough. One ball makes two such triangular pieces.
9. After 10 minutes, flip the fish over. If inside the aluminum pocket, flick the pocket over.
10. At this point the brick will be hot and effusing steam from the water it had absorbed. Place the triangle shaded pizza dough on the brick.
11. After 5 minutes, put some olive oil on the bead side facing up and flip it over.
12. At the same time flip the fish too.
13. Let everything cook for 5 additional minutes.
14. Open the grill cover, take everything out. Throw the wood sheet (or aluminum foil) and the brick away.
15. Place a piece of fish on a plate towards the middle. If any sauce is left in the wood or aluminum foil, pour it over the fish.
16. Cut the bread into two pieces and place them on either side of the fish, the olive oil dabbed side down.



Meatloaf



From: Sheeri Cabral

Serves: 3 to 4

Prep Time: 10 min

Cook Time: 45 min

Instructions

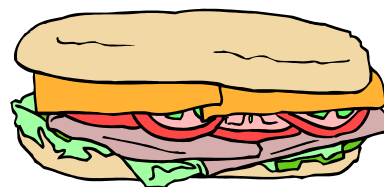
1. Preheat oven to 325 F.
2. Sauté onions, oil, salt, pepper and thyme until onions are translucent, but not brown.
3. Add the Worcestershire sauce, chicken stock and tomato paste and stir until well combined.
4. Remove from heat, allow to cool.
5. Combine ground turkey, bread crumbs, eggs, and onion mixture from the pan in a large bowl. Mix well and shape into a loaf pan (I have found no need to grease the pan, but I have a non-stick pan).
6. Spread ketchup evenly across the top. (I have had success putting it in the meatloaf too, whatever you prefer).
7. Bake for 45 minutes or until the internal temperature reaches 160 F. (If you mix the ketchup into the meatloaf, you can keep the top from cracking, by putting a bowl of water in the oven with the loaf.)

Notes

This meatloaf works great in sandwiches, and with horseradish sauce or wasabi.

Ingredients

- 1 large yellow onion, chopped
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp black pepper, ground
- 1/2 tsp fresh thyme (or 1/4 tsp dried)
- 1/4 cup Worcestershire sauce
- 1/3 cup + 2 tbsp (7 tbsp total) chicken stock
- 1 tsp tomato paste
- 2 to 2.5 pounds ground turkey (I've never tried to make it with ground beef, but I bet it would taste good too)
- 3/4 cup bread crumbs
- 2 eggs, beaten
- 1/3 cup + 2 tbsps (7 tbsp total) ketchup



Lamb In Pittas



From: Brendan Tierney

Serves: 3 to 4

Prep Time: 10 min

Cook Time: 15 min

Instructions

1. Place the minced lamb in a large bowl with the onion and garlic
2. Mix together until well combined and then divide the mixture into equal portions. About the size of a gold ball.
3. Using wetted hands, shape into patties and then arrange on a baking tray.
4. Preheat the grill.
5. Place the baking tray with the patties under the grill and cook for 10 minutes or until cooked through and golden brown, turning once.
6. Wrap the pitta breads in tinfoil and place in a pre-heated oven (160C) for 5 minutes to warm through. Or you can use your toaster
7. To assemble, place two of the lamb patties in to the pitta, with a teaspoonful of the hummus, a few pieces of the rocket and give it a like drizzle of the sweet chili sauce.

Notes

To add a bit of extra flavor to the dish you can add some finely chopped mint to the lamb patties.

Ingredients

- 1lb lean minced lamb
- 1 tablespoon fresh mint, chopped
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 1 tablespoon sweet chili sauce
- 1 tub of hummus
- 4 whole meal pitta breads
- 25g (1oz) rocket



Chicken Hawaii



From: Debra Lilley

Serves: 3 to 4

Prep Time: 20 min

Cook Time: 1 hour

Instructions

1. Place a pineapple slice under each chicken piece s in bottom of baking tray
2. Put tray in hot oven and allow to start cooking whilst you prepare sauce
3. Chop peppers and onions and place in pan with small amount of oil
4. Stir over low heat until soft
5. Add rest of pineapple chopped to pan and pineapple juice from tins
6. Add curry powder and corn flour to about 1 cup water per person
7. Mix all together and simmer until consistency of thick cream
8. Pour over chicken
9. Cover tray with foil and cook for at least an hour (check chicken before serving)
10. Serve with rice

Notes

Also known as Debra's Demon Dish. From Debra: I once cooked this at the OakTable for about 15 people. They ate it all so can't have been too bad.

Ingredients

Chicken Pieces – I normally use thighs (2 per person)

Tinned pineapple slices (3 per person)

Peppers – I normally use at least 2 different colors (about ½ each per person)

Onion

Your favorite Curry Powder

Corn Flour for thickening



Floyd's Fusion Ribs



From: Floyd Teter
Serves: 3 to 4

Prep Time: 12 hrs
Cook Time: 3 hour

Instructions

1. Rinse the ribs off in water and pat them dry.
2. Put each slab of ribs in a heavy-duty ziplock bag. Add one can of Dr. Pepper to each bag. Put all three packages in your refrigerator and let them marinate for at least 12 hours (18 is better).
3. While you're waiting on the marination, mix the salt and pepper together in a bowl.
4. 90 minutes before marination is complete, soak the wood chips in a bowl of water for one hour. Then wrap those chips up in an aluminum foil packet. Use a fork to poke some holes in the packet.
5. When the marination is finished, remove the ribs from the bag and sprinkle liberally with the salt and pepper.
6. Get your BBQ grill ready for cooking with indirect heat as the ribs finish marinating...you should have a grill temp of 300 degrees Fahrenheit before you put the ribs on the grill.
7. Place the foil packet full of wood under the grill racks, right on top of a burner with a flame or on top of one of your charcoal piles. Then place your ribs on the grill, meaty side up - over the unlit burners on a gas grill or in the middle of your charcoal grill. Close the lid and let the ribs cook for one hour. Then flip the ribs, close the lid, and cook for another 30 minutes. Then remove the ribs to a platter.

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Notes

[See Floyd's notes on Indirect Cooking.](#)

Ingredients

2 cups of brown sugar
3 slabs of St. Louis-style pork ribs
4 cans of Dr. Pepper original (no Diet, No "10" - only the real stuff)
3/4 cup of salt
1/2 cup black pepper
3 cups of your favorite BBQ sauce
1 1/2 cups of apple juice
Some apple wood or cherry wood BBQ chips
Some aluminum foil



Floyd's Fusion Ribs



Continued

Instructions

1. No, you're not done yet...nowhere close. Good BBQ takes effort.
2. Tear three long sheets of aluminum foil (about 18 inches long), one for each slab of ribs.
3. Lay the foil sheets out flat and evenly distribute the brown sugar between the three sheets.
4. Crimp the edges of the foil sheets so that no juice will leak out.
5. Distribute the apple juice evenly between the three sheets.
6. Put one slab of ribs in each foil packet, meaty side down, then wrap the foil completely around the ribs.
7. Back to the grill with the lid closed for at least another hour.
8. After an hour, carefully slice open the top of each foil packet (I use a BBQ fork). Check the ribs - if they seem dry, baste with more apple juice.
9. Close up the packets as best you can and let cook for another 30 minutes.
10. Remove the ribs from the foil packets and place ribs on grill, meaty side up.
11. Baste with that last can of Dr. Pepper. Get your grill temp up to 350 degrees, wait 15 minutes, baste with the BBQ sauce, then flip the ribs.
12. After 15 minutes, flip again (meaty side should be up now). Check your ribs with a fork or knife...if they're done, the meat will literally be falling off the bone. If not done, cook meaty side up until they are.
13. Be careful taking these ribs off the grill...they may fall apart as you're moving them. Place meaty side down on a platter, slice between bones as desired (or maybe not, if you're really hungry), then serve them up



MyPorkQL



From: Ronald Bradford

Serves: 3 to 4

Prep Time: 5 min

Cook Time: 90 min

Instructions

1. Preheat oven to 325C
2. Place tomatoes in cooking dish
3. Lightly salt and pepper pork
4. Lightly brown in frying pan (2-3 mins)
5. Place pork in cooking disk, cover lightly with tomatoes
6. Pork cooks for 90+ minutes. Reduce temperature 25C per 30 minutes. There does not seem any issues over-cooking.
7. Remove pork and place into container. Separate with fork & knife. Pork should just fall away.
8. Add some of the tomato juice from cooking disk to container.
9. Add sauce to your liking.



Notes

There are many choices for serving. Using toasted Ciabatta rolls with pulled pork and coleslaw is one example. Adding extra sauce to liking.

Ingredients

1 kg (2 lbs) of pork tenderloin

Tin of diced tomatoes

BBQ sauce

Salt & Pepper

Utensils

Frying pan

Dutch Oven or casserole cooking dish
(with lid)

Post preparation container



ACEd Up Ham



From: Floyd Teter

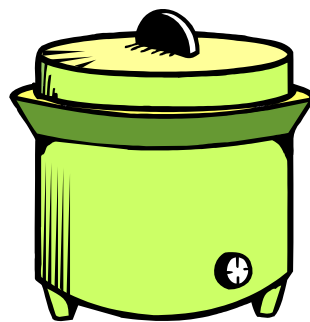
Serves: 3 to 4

Prep Time: 5 min

Cook Time: 3-4 hrs

Instructions

1. Cut a series of 1/2-inch slashes in the ham in a cross-hatch pattern.
2. Rub the ham with the oil and sprinkle it with the black pepper.
3. Put the ham in a crock pot on medium heat and cook to an internal temperature of 150 degree (Fahrenheit, you geek!). Should take around 3-4 hours, depending on your crock pot.
4. Mix the BBQ sauce and the brown sugar.
5. Glaze the ham with the mix.
6. Continue cooking the ham to an internal temperature of 160 degrees.
7. Remove from the crock pot, let rest for 15 minutes at room temperature.
8. Slice & serve.

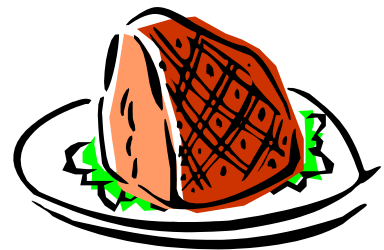


Notes

One you try this, it may become your favorite way to prepare a ham!

Ingredients

- 1 fully cooked ham (boneless or bone-in)
- 1/2 extra virgin olive oil
- Freshly ground black pepper (to taste)
- 1 1/2 cups of your favorite BBQ sauce
- 1/2 cup of brown sugar
- 1 teaspoon of liquid smoke (Apple is best, but Hickory or Pecan will work too)



Absolute Chicken

Ecstasy



From: Floyd Teter

Serves: 3 to 4

Prep Time: 5 min

Cook Time: 90 min

Instructions

1. Put the chicken thighs in a heavy-duty ziplock bag or plastic container with a lid.
2. Add the Paul Newman's Own.
3. Stick the package in your refrigerator and let them marinate for 12 to 18 hours (any more than 18 and the thighs will get "rubbery").
4. 90 minutes before the thighs are done, soak the wood chips in a bowl of water for one hour. Then wrap those chips up in an aluminum foil packet. Use a fork to poke some holes in the packet.

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Notes

A note on indirect cooking in cooking: the idea here is to roast the chicken on the BBQ. Gas Grill: Fire up all your burners for 20 minutes with the lid closed, then turn off half the burners (I always turn off the burner or burners on the right - the left burners usually burn a bit hotter)...wait until your grill cools to 300 degrees before doing anything else. Charcoal grill: start your charcoal fire, wait until the coals are white, then pile the charcoal on both sides of the grill - no coals in the middle of the grill. Then you're ready to cook. minutes with the lid closed, then turn off half the burners (I always turn off the burner or burners on the right - the left burners usually burn a bit hotter)...wait until your grill cools to 300 degrees before doing anything else. Charcoal grill: start your charcoal fire, wait until the coals are white, then pile the charcoal on both sides of the grill - no coals in

Ingredients

4 to 8 chicken thighs

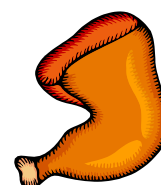
1 bottle of Paul Newman's Own (Olive Oil and Vinegar)

1 cup of your favorite chicken seasoning or rub

1 1/2 cups of your favorite BBQ sauce.

Some Apple Wood chips for BBQing

A little aluminum foil



Absolute Chicken

Ecstasy



Continued

Instructions

5. Get your BBQ grill ready for cooking with indirect heat as the thighs finish marinating...you should have a grill temp of 300 degrees Fahrenheit before you put the thighs on the grill.
6. Place the foil packet full of wood under the grill racks, right on top of a burner with a flame or on top of one of your charcoal piles .
7. Place your thighs on the grill - over the unlit burners on a gas grill or in the middle of your charcoal grill.
8. Sprinkle your thighs liberally with the seasoning or rub, then close the lid. Wait 20 minutes, flip the thighs, sprinkle again and close the lid.
9. Do not open that lid for at least 45 minutes - no peeking!
10. Sauce the chicken with your favorite BBQ sauce.
11. Wait 15 minutes and check the internal temp of the thighs - if you've done it right, you should be close to 180 degrees and the juices should run clear.
12. Take the chicken off the grill after reaching that internal temp of 180 degrees. Rest the thighs for 10 minutes at room temperature, then serve.

Ingredients

4 to 8 chicken thighs

1 bottle of Paul Newman's Own (Olive Oil and Vinegar)

1 cup of your favorite chicken seasoning or rub

1 1/2 cups of your favorite BBQ sauce.

Some Apple Wood chips for BBQing

A little aluminum foil



Asian Turkey Wraps

From: Lillian Buziak

Serves: 4

Prep Time: 15 min

Cook Time: 10 min

Instructions

1. Heat peanut oil in heavy skillet over medium-high heat. Add onion and saute until slightly brown, approx. 3 min.
2. Add turkey and saute until cooked through, breaking up any large pieces, approx. 7 min.
3. Fold in peanut sauce, hoisin sauce, and 1 Tbl soy sauce; heat through.
4. Stir in cucumber and chopped mint.
5. Season to taste with salt and pepper.
6. Transfer turkey mixture to bowl.
7. Place mint sprigs and lettuce leaves on platter.

To make wraps, brush lettuce leaf with hoisin sauce, spoon turkey mixture onto lettuce leaf, add a few mint sprigs, fold in sides over filling, roll up, and enjoy.



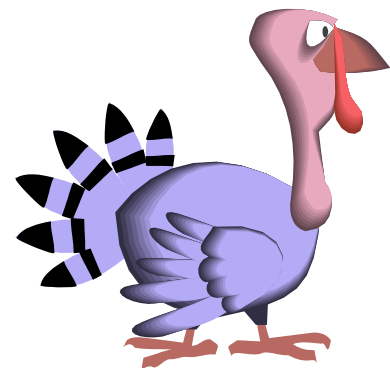
Notes

Steps 1-4 can be made 8 hours ahead. Cover and refrigerate. Reheat in skillet, adding a few Tbl of water to moisten, if necessary.

*Asian peanut sauce and Hoisin sauce can be found at the Asian section of most grocery stores or specialty Asian markets.

Ingredients

- 1 Tbl peanut oil
- 1 large onion, chopped
- 1 1/4 lb lean ground turkey
- 1/2 C Asian peanut sauce*
- 1 Tbl hoisin sauce*, plus additional for wraps
- 1 Tbl soy sauce (low sodium)
- 1 cucumber, peeled, seeded, chopped (about 1 1/4 C)
- 1/3 C coarsely chopped fresh mint plus 1/3 C small mint springs (for garnish)
- 12 large butter lettuce leaves



Breads

Good bread is the most fundamentally satisfying of all foods; good bread with fresh butter, the greatest of feasts! ~ **James Beard**

[illegible]

Predictive Analytics Bread

From: Brendan Tierney

Serves: 3 to 4

Prep Time: 20 min

Cook Time: 1 hour

Instructions

1. Fill a container with warm-ish water (not too warm).
2. Add the sugar, honey and yeast
3. Give it a good stir to mix all the ingredients and let it sit 5 minutes. While waiting weigh the flour and place in a bowl for mixing
4. Add the mustard powder and give it a good mix
5. At this stage you should see the yeast doing its magic in the container. It will be creating a foam on top of the liquid mixture
6. Slowly add the liquid into the bowl, mixing all the time, using your fingers and hand. Make sure that you get the foam mixed in.
7. When fully mixed you should have a nice dough mixture
8. Cover the bowl with cling film and place in a warm room or airing cupboard for 30 minutes
9. At this point it should have risen to be at least twice its original size
10. Spend the next 3 to 5 minutes kneading the dough, or until you cannot knead it anymore
11. Get a baking tray and slightly dust it with some of the flour
12. Place the dough on the baking tray and roll out the dough so that it is approx. 1 to 2cm thick
13. Leave it to rise again in a warm room for another 30 minutes
14. Place it in a pre-heated oven at 180C for 19 minutes
15. Take it off the baking tray and leave it to cool on a wire frame
16. Then enjoy delicious home cooked bread

Notes

This is a basic bread recipe with a couple of secret ingredients and uses a mixture of sugar and honey for the sweetness. No salt is used in this recipe.

Ingredients

0.5kg strong [bread](#) flour

310ml tepid water

10g dried yeast

1 tablespoon brown sugar

1 tablespoon of honey

1.5 teaspoons mustard powder (I use English Mustard) – this is the secret ingredient

extra flour for dusting



Zganci



From: Matjaz & Eva

Serves: 3 to 4

Prep Time: 10 min

Cook Time: 10 min

Instructions

1. Roast the buckwheat flour in an ungreased iron pan until the aroma appears, stirring constantly.
2. Pour the salted boiling water over the flour
3. Stir until it begins to form
4. Cover the pan and place over very light heat for ten minutes so that flour swells
5. Brown cracklings in lard
6. Garnish over Zganci

Ingredients

700 g buckwheat flour

0.75 l salted boiling water

few spoons of lard with cracklings
(garnish)



Notes

This is Eva's version. Zganci is pronounced zhgun-tzee

Plump up the DBA



From: Marcelle Kratochvil

Prep Time: 20 min

Serves: 3 to 4

Cook Time: 1 hour

Instructions

1. Mix flour with the semolina and add the salt
2. Mix milk with yolks separately.
3. Add to the flour/semolina mix
4. Beat with gusto until soft and bubbly
5. Put to the side (grab a glass of good wine and consume)
6. Cut bread rolls into cubes.
7. Fry them with butter. Make sure its not soggy but toast-ed.
8. Add the cubes to the dough
9. Grab a large amount of the dough and make a large roll that will just fit into the saucepan.
10. Get a very large deep saucepan of boiling water (no need for a lid)
11. Boil the dumping for 30 minutes
12. Remove the dumping carefully (its hot). Rest on a towel to drain the excess water
13. Let it cool down and relax. Time to grab that second glass of wine to marvel at the creation.
14. When the glass of wine is finished, slice the dumpling thickly, [cover in dill sauce](#)
15. Serve with wine. Add any meat dish on the side. A good beef or large pork works well, especially if it complements the wine.

Notes

History. This is based on a traditional Czech recipe (Bread Dumpling with Dill sauce). Its not for someone who is on a diet. It's both flavoursome and colourful. The dumpling made is large and will last for a couple of weeks once cooked. Normal dumplings are small, but this is different which adds to the appeal of it. You create a very large dumpling which is as solid as a brick. Its tasty and you cut it thickly like bread. After a couple of days, you can slice it and fry it in butter and serve with ham and eggs. The dill sauce can then also be used like a hollandaise sauce.

Ingredients

- 8 oz (230g) plain flour
- 8 oz (230g) fine semolina
- 1 pint (600ml) milk
- 4 bread rolls
- 2 egg yolks
- 1/2 teaspoon (tsp) salt
- 1 teaspoon (tsp) of fat/oil/butter



Whole Wheat Waffles



From: John Flack

Serves: 3 to 4

Prep Time: 10 min

Cook Time: 10 min

Instructions

1. Combine flour, baking powder and salt in a large bowl.
2. In a separate bowl, beat the eggs and whisk in oil, milk, sugar and vanilla extract.
3. Add the wet ingredients to the dry ingredients
4. Stir until no dry flour is seen.
5. Heat your waffle iron and cook according to the manufacturer's instructions.

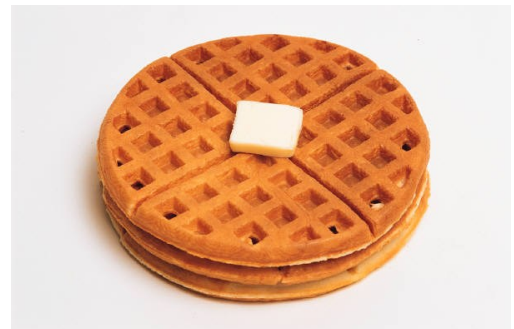
Notes

From John: I discovered this recipe when I was trying to lose weight and my diet called for only 100% whole grain products. These are higher fiber, with a lower glycemic index than regular waffles, especially when served with sliced fruit instead of syrup. Best of all, they taste good enough that my kids like them too. You can freeze them and reheat in a microwave or toaster, but if you plan to toast some, cook them a little lighter than usual.

DO NOT OVER MIX THE FLOUR! Lumps are okay. Over mixing will make the waffles tough. I've heard that replacing some of the whole wheat flour with cake flour will help prevent this problem, but I haven't tried it myself.

Ingredients

2 1/2 cups whole wheat flour
4 tsp baking powder
3/4 tsp salt
1 1/2 Tbsp sugar
1/2 tsp vanilla extract
2 eggs
2 1/4 cups milk
1/4 cup vegetable oil



Soups, Salads, and Sauces

Soup is just a way of screwing you out of a meal.~ **Jay Leno**



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White Bean & Tuna Salad ♠️

From: Lewis Cunningham

Prep Time: 5 min

Serves: 3 to 4

Cook Time: 2 hrs

Instructions

1. Chop the onion
2. Mix the oil, spices, onion, beans and tuna in a bowl.
3. Refrigerate at least 2 hours
4. Serve cold on crackers

Notes

I originally ate this in a restaurant and decided to create my own.

They used cannellini beans. I prefer great northern beans. I use Bush and Glory brands. The Glory brand tastes better but the beans are mushier.

For the tuna, you can use pretty much any canned tuna. To give it a different taste, you can use a flavored style canned tuna. The Bumblebee Spicy Thai Chili seasoned tuna medley is a good choice.

Ingredients

- 1 5oz can of white beans
- 1 5oz can of tuna
- 1 small onion
- 1 TB extra virgin olive oil

Spices to taste

Black pepper

Garlic powder

Sriracha Hot Sauce



Tuscan Salad



From: Brendan Tierney

Prep Time: 10 min

Serves: 3 to 4

Cook Time: 10 min

Instructions

1. Tear the ciabatta into small 2cm pieces.
2. Put into a roasting tray, drizzle with olive oil and toss with the fennel seeds, the oregano and a pinch of salt.
3. Mix so that the bread is coated then put under a high grill for 10 minutes or until golden.
4. Roughly chop together the capers with some of the basil leaves and the jarred peppers.
5. Crush over the garlic cloves or chop finely.
6. Add all of the tomatoes, roughly chopped.
7. Put into a large bowl with a splash of red wine vinegar, a good drizzle of olive oil and salt and pepper to taste.
8. Add the ciabatta.
9. Toss and gently squeeze the whole mixture together with your hands.
10. Top with the rest of the basil leaves and finely grated parmesan to serve.
11. Serve a generous portion and enjoy.

Notes

Ingredients

1 ciabatta loaf
1 large teaspoon fennel seeds
a few sprigs oregano or dried oregano
1 tablespoon small capers
a small bunch of fresh basil
6 jarred red peppers
3 cloves of garlic
4 vines of cherry tomatoes, red and yellow preferably (a good selection of mixed tomatoes with plenty of color)
red wine vinegar
parmesan cheese



Beginner's Basic Broth



From: Debra Lilley

Serves: 3 to 4

Prep Time: 10 min

Cook Time: 70 min

Instructions

1. Chop the chicken and lightly brown in pan
2. Add a liter of stock (I just add granules to water)
3. Throw in chopped veg
4. Throw in optional lentils
5. Simmer for a good hour (although I use a pressure cooker so not so long) – if using lentils time may need extending (check bag).
6. Add a healthy amount of salt & pepper
7. I then throw in baby pasta and simmer for another 10 minutes
8. Serve with your favorite bread; here In N Ireland that would be Wheaten Bread

Notes

From Debra: My daughter's favorite - N Irish Classic Vegetable Broth or BeginnersBasicBroth

Ingredients

Some Chicken

Bag of chopped Vegetables (I guess you can chop your own)

Jar of chicken stock granules

Optional – handful or baby pasta and/or lentils

Salt & Pepper



Dan Hotkey's Pizza Soup

From: Dan Hotka

Serves: 8

Prep Time: 2 min

Cook Time: 10 min

Instructions

1. Cook the sausage well, drain off the grease.
2. Put all soups/tomatoes/cooked sausage in a pan. Add water till it is soup but still rather thick.
3. Heat over medium heat.
4. Serve it hot with the cheese sprinkled on top.



Notes

Super simple soup (S3)

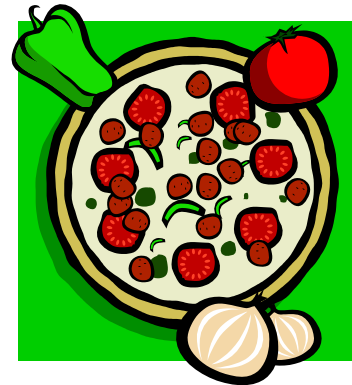
Ingredients

4 cans Campbell Minestrone Soup

1 pound (16oz) Italian sausage

1 can Italian diced tomatoes...(I like the one with oregano and garlic in it)

Mozzarella Cheese



Crawfish EXAtouffee



From: Lewis Cunningham

Prep Time: 10 min

Serves: 4

Cook Time: 45 min

Instructions

1. In a large pan, sauté the vegetables in the butter and olive oil.
2. Cook until tender.
3. Add the cayenne and salt.
4. Stir.
5. Add the flour and continuously stir until the roux darkens. Never stop stirring. When it starts to smell like peanuts, you can stop or you can go for a darker roux.
6. Pour in the water and stir well.
7. Simmer for 10-15 minutes until the liquid is sort of thick.
8. Add the crawfish and simmer for 10 to 15 minutes.
9. Pour over rice or French bread.

Notes

This tastes great and has a bit less butter than traditional etouffee.

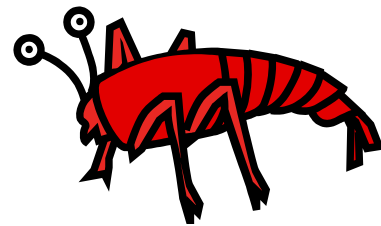
Use Louisiana crawfish if you can get them.

You can make the roux as dark as you want. For etouffee, I prefer a blonde roux. If you get black flecks in the roux, you've burnt it and it will taste nasty.

You can use chicken or fish stock in place of the water.

Ingredients

1/2 cup butter
1/2 cup extra virgin olive oil
16oz frozen, cooked crawfish
2 sticks chopped celery
1 nice size chopped green pepper
1 nice size chopped onion
1 chopped carrot
A couple of diced garlic cloves
2 heaping tablespoons of flour
3 cups of water
Cayenne pepper to taste
Salt to taste



Chile Verde

From: Vikki Lira

Serves: 4

Prep Time: 30 min

Cook Time: 6-8 hrs

Instructions

1. Heat olive oil in a sauté pan over medium high heat.
2. Add onions and garlic and saute until soft, approximately 5 minutes.
3. Add green chile and sauté for 3-4 minutes more until chile is heated through.
4. Remove from heat.
5. Trim excess fat from pork roast and season with salt & pepper.
6. Place pork roast in a large slow cooker (5-6 quarts).
7. Cover roast with onion mixture.
8. Add chicken broth to cover roast entirely. Add oregano and optional tomatoes/tomatillos.
9. Cover pot and cook for 6-8 hours on medium-low.
10. At end of cook time, remove roast from slow cooker. Let cool for a few minutes. Roast should easily break into a few manageable chunks. Trim fat and shred meat into bite size pieces using 2 forks.
11. Skim excess fat from cooked broth. Add shredded meat back to slow cooker. Heat on medium until meat is warmed through. Season with salt and pepper to taste.
12. Serve in bowls with warm corn tortillas and avocado slices on the side.

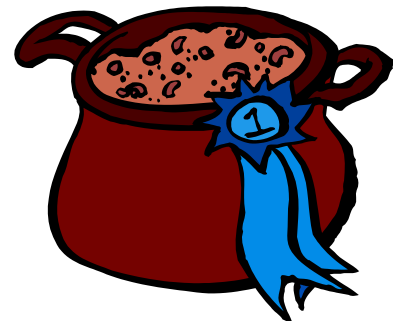
Notes

Optional toppings: shredded Mexican style, cheddar or Monterey jack cheese, dollop of sour cream or non-fat plain Greek style yogurt.

For a heartier meal, serve with [Spanish Rice](#).

Ingredients

- 1 large yellow onion diced
- 3-4 garlic cloves minced
- 1 T Olive oil
- 2-3 Cups diced roasted green chile (preferably New Mexican)
- 4lb pork roast
- 8 Cups chicken stock (I like organic, low-sodium)
- 2 T dried oregano
- Optional: can of diced tomatoes or diced tomatillos
- Salt to taste



Quick Red Beans and Rice



From: Lewis Cunningham

Serves: 4

Prep Time: 5 min

Cook Time: 20 min

Instructions

1. Sauté onions and garlic in large sauce pan
2. Add beans, tomatoes and cayenne
3. Bring the beans to a boil
4. Simmer for 5 minutes
5. Add instant rice
6. Simmer for 5 more minutes
7. Remove from heat and let sit for 5 minutes

Notes

Ingredients

1 large yellow onion diced
3-4 garlic cloves minced
1 15oz can seasoned red or black beans
1.5 cups instant rice
1 can stewed tomatoes
Salt to taste
Cayenne pepper to taste



Dill Sauce



From: Marcelle Kratochvil

Prep Time: 2 min

Serves: 8

Cook Time: 30 min

Instructions

1. Whisk cream, flour, salt and sugar
2. Bring to boil, then simmer for 15min
3. Whilst simmering, grab some of the sauce and put in the fridge to cool down
4. Mix yolks with some of the above sauce which has cooled down (to avoid the yolk cooking)
5. Once mixed, add it back into the simmering sauce and mix well
6. Put vinegar into a saucepan and boil it. When boiling add the dill and simmer
7. Melt butter and add it to the dill.
8. Mix this butter/dill sauce with the main sauce and simmer.
9. Serve with traditional bread dumplings (See [Plump up the DBA with Multimedia](#))

Notes

Undo the belt buckle, relax and enjoy with another very large glass of red wine.

Ingredients

- 2 egg yolks
- 1 pint (600ml) cream
- 1 oz (30g) flour
- 1 oz (30g) sugar
- 1 tablespoon (tbl) chopped fresh dill
- salt
- 1/3 z (10g) butter
- 1 x dessert spoon of vinegar



Developer Clobbering

BBQ Sauce



From: Marcelle Kratochvil

Prep Time: 2 min

Serves: 8

Cook Time: 6 hrs

Instructions

1. The aim is to infuse the flavors together. This is best done by a pressure cooker.
2. By repeatedly cooking and cooling enables the sauce to thicken, mature and the spices to impart their flavors.
 - Pressure Cooker for 45 minutes.
 - Cool
 - Pressure Cooker for 45 minutes
 - Cool
 - Pressure Cooker for 45 minutes
3. Remove any large pieces. If you are up for it, throw in a couple of whole chilies into the sauce for visual effect.
4. Pour into a large glass container. Let the sauce settle and thicken for a couple of days in the fridge.
5. If you don't have a pressure cooker, cook the ingredients in a large saucepan with lid. Bring to boil then simmer for 45 minutes. Cool and repeat two more times.

Notes

This is a BBQ Sauce with bite. The recipe has been refined over the years to add more flavor, character and depth to the sauce.

This is one bold sauce that intimidates and can be scary to use. With exceptional bite and flavor it will last refrigerated for 12 months or longer.

It actually thickens and improves with age. Use it as a base for pasta sauces. Smother over chicken wings. Great with sausages for the BBQ. Use as a side sauce for red meat dishes.

Just add it for flavor to any dish to give it some heat.

Ingredients

Liquids

1-2 ltr tomato sauce (plain brand variety)
1/3 - 1/2 cup water
1/3 cup apple cider

Sauces

1/4 cup Honey
2 tbl Lemon juice
1/2 cup butter
1/4 cup Brown Sugar
Worcestershire sauce
2 tbs vinegar

Spices

All these ingredients can be adjusted based on preferences.

1 teaspoon Black Pepper
1 teaspoon Cumin
1 teaspoon Allspice
1 teaspoon Cinnamon
1 large Onion (finely sliced)
1 tbl Wholegrain Mustard (or American mustard)
3-5 tbl Garlic (finely chopped)
2 tbl Soy Sauce
2-3 tbl Ginger (finely chopped)
1 tbl of salt

Alcohol

1/3 cup Whisky (medium quality blended whisky, don't waste the good single malts here, drink that with the chicken wings covered in the sauce). American Bourbon is just as good.

1/3 cup Rum (Australian Bundaberg always a good choice, but any type of rum is ok)

Continued next page



BBQ Sauce

Continued



Ingredients

Alcohol

1/3 cup Whisky (medium quality blended whisky, don't waste the good single malts here, drink that with the chicken wings covered in the sauce). American Bourbon is just as good.

1/3 cup Rum (Australian Bundaberg always a good choice, but any type of rum is ok)

Heat

This is the fun part. Based on your strength of fortitude and character will determine how much heat the sauce will pack.

Chilies are a must and there are a huge variety in the market to pick from each with their intensity (as measured in Scoville heat units (SHU))

The aim of the cooking method is to extract as much heat from the chilies as possible and then repeat it to ensure each chili is drained of its spiciness.

1 - 5 Chilies (red, green variety, whole or sliced)

Chili Sauce

Tabasco Sauce

Chili flakes

Paprika

Sides

The only time to eat diet food is while you're waiting for the steak to cook
~ **Julia Child**

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Saba's Passover Noodles



From: Sheeri Cabral

Serves: 8

Prep Time: 2 min

Cook Time: 5 min

Instructions

1. Mix all ingredients together
2. Drop a few drops of oil into a small pan (a crepe pan or other non-coated pan works well).
3. Pour a thin layer of the batter into the pan. Tilt the pan to cover.
4. Turn the crepe over and watch that it does not burn.
5. Remove the crepe and lay it on a plate
6. Stir the mixture occasionally
7. Continue to make the crepes
8. Let cool
9. Roll the crepes and cut thin slices
10. Unroll or "fluff" the slices into thin long noodles.
11. Place in a covered dish.
12. Refrigerate if not served on the same day.

Notes

Kosher for Passover egg noodles. My family puts them in matzo ball soup.

The first few "crepes" usually do not come out well, even for me, and I've been making these for a long time!

Ingredients

5 eggs - beat well

2 tbsp. Oil (canola/vegetable oil, olive oil does not work well)

1/2 cup water

5 - 6 tbs. potato starch

extra oil



NoPorkQL



From: Ronald Bradford

Prep Time: 5 min

Serves: 4

Cook Time: 60 min

Instructions

1. Dice butternut squash, fennel and brown onion
2. Add to baking dish with generous amount of olive oil and mixed herbs
3. Mix Ingredients
4. Place in oven at 425F for 60 minutes
5. Let stick of goat cheese sit at room temperature (or warm slightly on oven top)
6. Cook pasta
7. Add goat cheese to bottom of mixing bowl, add cooked fresh pasta. The heat will help melt cheese
8. Add basil and pecans and mix
9. Add cooked vegetables and mix



Ingredients

One Butternut squash, one fennel, one onion

Small stick of goat cheese

Small sized Pasta (e.g. bowties, spirals)

Fresh basil

Candied Pecans or Walnuts



Creamy CBO Pudding



From: Kellyn Pot'vin

Serves: 8

Prep Time: 15 min

Cook Time: 50 min

Instructions

1. Preheat oven to 350 F degrees.
2. Melt 4 tablespoons of the butter in a frying pan, add chopped onions, a pinch of salt and pepper, cooking up onions until soft.
3. Place cream, eggs, flour, sugar, 2 cups of the corn, a pinch of salt and pepper into a deep bowl, using beaters, blend until only slightly "lumpy" with the corn.
4. Add the cooked onion and the remaining corn, using the beaters on the lowest setting to simply mix well into the earlier mixture.
5. Grease a 2 qt. oven safe baking dish and pour the mixture into the dish. Sprinkle the fresh chives on top and back at 350 for 50-60 min. The mixture is ready when set, but with still light movement in the middle.
6. Allow to set for 15 minutes before serving.

Notes

CBO = Corn Baked Onion

From Kellyn: This cream pudding is a light, satisfying dish-creamy, decadent inside, crispy, light top.

I grew up with two French-Canadian Grandmothers who were both excellent cooks. One in particular, taught me to always cook by taste, never by measure, so I'm considered naturally skilled in the kitchen, but without measurements, it can often make it difficult to share recipes.

Ingredients

5 large eggs
6 tablespoons of salted butter
1/2-1 cup of onion, chopped, frozen works just fine, (up to cook's preference...)
2 cups of heavy cream
Salt and pepper to taste
1/4 cup flour
2 tablespoons of sugar
16 ounces of frozen corn
2 tablespoons of fresh chives, (fresh is important, don't use dried!)



Quick Cabbage and Green Beans



From: Lewis Cunningham

Serves: 8

Prep Time: 2 min

Cook Time: 10 min

Instructions

1. Put all the ingredients in a microwave safe bowl
2. Cover it and shake
3. Nuke for 2 minutes
4. Shake it up
5. Nuke for 2 more minutes
6. Shake it up
7. See if the green beans are tender. If they are, you can eat. If not, nuke for 2 more minutes. Rinse. Repeat.



Notes

This is also known as nuclear greens. This goes great with grilled pork chops or steak.

Ingredients

Large bag of chopped cabbage
1 lb fresh/frozen/canned green beans
1 bag of nuke-in-bag mixed veggies
Salt to taste
Pepper to taste
Red pepper flakes to taste
1 Tbs soy sauce



LMON Risotto



From: Kellyn Pot'vin

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

Instructions

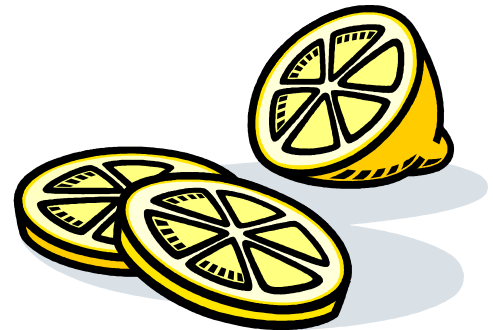
1. In large sauce pan, prepare rice by bringing chicken broth, wine, garlic and butter to a boil.
2. Add rice, little by little, stirring constantly.
3. Once all moisture is absorbed, (about 20 min.) Remove from heat.
4. Add in cream, dill, curry and then squeeze in desired amount of lemon juice and zest.
5. For a lactose free version, replace the cream and butter with the following ingredients:
 - 2 tbsp olive oil
 - 1/2 cup almond milk
 - 3 tbsp cream of tartar
 - 2tsp salt
1. If left too long, over cooked, simply add a small bit of water to again achieve desired risotto texture.

Notes

I have family that have both lactose and gluten free diet requirements and while the older recipe is naturally gluten free, I've included my lactose free "upgrade" for those challenged for a great tasting side dish. This is another dish that everyone adores tangy, creamy and satisfying, dressed up at a formal meal or down at a BBQ.

Ingredients

1 cup of arbario, (risotto) rice
1 3/4 cups of chicken broth
1/4 cup white wine
1/8 cup butter, (1/2 stick)
1/2 cups of heavy cream
1tbsp of fresh, minced garlic
1 large lemon,(often use two, up to the cook's judgement on how lemony you desire)
1tsp fresh dill
4 tsp yellow curry powder
Salt and pepper to taste



Spanish Rice

From: Vikki Lira

Serves: 4

Prep Time: 10 min

Cook Time: 30-45 min

Instructions

1. Heat oil in sauté pan over med-high heat.
2. Add rice and sauté until rice is browned, approximately 10-15 minutes.
3. Add onion and garlic and sauté until soft, about 5 minutes.
4. Add chicken stock and tomato sauce. Bring to a boil.
5. Cover pan and reduce to simmer.
6. Cook until all liquid is absorbed, approx. 30-40 minutes.
7. Cook peas according to package instructions.
8. Add to rice.
9. Fluff rice with fork and season with salt to taste

Ingredients

1 C long grain brown rice

1 T olive oil

½ large yellow onion diced

2-3 garlic cloves minced

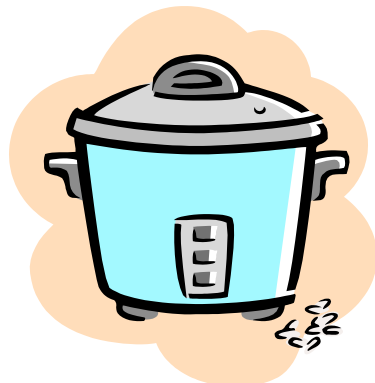
2 T tomato sauce or 1 T tomato paste

2 ¼ C chicken broth

Optional: ¾ C frozen organic green peas

Salt

Notes



Desserts

Of course I made many boo-boos. At first this broke my heart, but then I came to understand that learning how to fix one's mistakes, or live with them, was an important part of becoming a cook. ~ **Julia Child**

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Basic Fudge



From: Sheeri Cabral

Serves: 4

Prep Time: 30 min

Cook Time: 10 min

Instructions

1. In a 2.5 quart saucepan, combine brown sugar, evaporated milk and (if using) corn syrup.
2. Bring to a boil, stirring frequently.
3. Continue boiling and stirring frequently until the soft ball stage (238 degrees F, 116 degrees C).
4. Remove from heat and add vanilla and butter, BUT DO NOT STIR.
5. Let cool for 25 minutes, then beat with a wooden spoon until fudge just begins to thicken.
6. Add any add-ins and stir until fudge begins to lost its gloss.
7. Pour into a greased 8 inch x 8 inch cake pan.
8. When cool, cut into pieces (you may want to score the fudge while it is cooling).

Notes

The vanilla can be substituted with other extracts, for example rum extract, orange extract, almond extract.....

Ingredients

1 can (12 oz) evaporated milk (or 10 oz milk plus 1/2 cup powdered milk)

4.5 cups brown sugar (light or dark, can use granulated white sugar too)

1.5 tbsp light corn syrup (or simple syrup) [optional]

1.5 tsp vanilla extracts.

3 tbsp butter

Add-ins - all are optional:

1 tsp cayenne

1.5 cups nuts,

dried fruit, mochi

Tapioca

Marshmallows

cookie dough bites

etc.

Chocolate Fudge



From: Sheeri Cabral

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

Instructions

[Prepare Basic Fudge as above](#), but add in chocolate with the milk and sugar and *one* of the following items:

12 oz chocolate chips, and reduce sugar from 4.5 cups to 3 cups.

or

4 oz Baker's chocolate

or

3/4 cup cocoa + 4 tbsp butter

Notes

If you have other flavors of baking chips, you can substitute those in for the chocolate chips (for example, lemon chips, butterscotch chips, peanut butter chips, cinnamon chips....)

Ingredients



Data Pie



From: Ronald Bradford

Prep Time: 10 min

Serves: 4

Cook Time: 3 hrs

Instructions

1. Cut up cream cheese and leave at room temperature
2. Juice 4 lemons
3. Add condensed milk, lemon juice, passion fruit pulp, and cream cheese to bowl and hand mix for consistency
4. Beat thickened cream until firm
5. Fold in thickened cream into bowl
6. Pour into pie crusts
7. Refrigerate 2-3 hours before serving

Ingredients

Cream Cheese

Condensed Milk

Thickened Cream

4 lemons

4 passion fruit

2 large pie crusts



Prekmurska



From: Matjaz & Eva

Serves: 4

Prep Time: 90 min

Cook Time: 60 min

Instructions

Pre-preparation:

1. **Basic dough:** Sift the flour in a bowl. Cut the butter into pieces and add to the flour. Also add salt and sugar. Pour water and then knead the dough quickly. Make a ball, wrap the dough in foil and leave it to rest for 60 minutes in the refrigerator.
2. **Filo dough:** Make a hole in the sifted flour in the wooden board, add fat, salt, sugar and egg, and knead the ingredients while adding liquid. Knead for as long as the dough is smooth and stretchy. Make a loaf, oil the surface and let it rest for 30 minutes.

Preparation:

1. **Fillings:** Mix the ingredients for each of the fillings in separate medium bowls until they are moist and spreadable, and set aside. For the apple filling, first peel the apples and grate them.
2. **Sour cream topping:** Mix the sour cream topping ingredients in a medium bowl and set aside.
3. **Dressing:** Melt the butter.
4. Lightly brush the bottom and sides of a baking tray (approx. 40x35 cm) with some of the melted butter.
5. Roll the rested filo dough and cover it with oil. Lift the dough and stretch it over the baking tray so the thicker edge of the dough hangs down. Cut into 8 equal parts in the shape of the baking tray.
6. Heat oven to 180 to 200° C.
7. Roll the basic dough. Cover the baking tray with a layer of the basic dough. The basic dough should cover also the edges of the baking tray. Stick it with a fork. Cover it with a sheet of filo dough.

Continued Next Page

Ingredients

Basic dough

100 g butter or fat
100 g sharp wheat flour
100 g fine wheat flour
pinch of salt and sugar
1 dl of cold water

Filo dough

900 g fine wheat flour
1 spoon of vegetable oil
1 egg
pinch of salt and sugar
lukewarm water for kneading

Cottage cheese filling

1000 g full fat cottage cheese
100 g sugar
2 eggs
2 spoons of vanilla sugar
pinch of salt
grated lemon peel

Poppy seed filling

200 g fine grounded poppy seeds
80 g of sugar
1 spoon of vanilla sugar
grated lemon peel

Continued Next Page

Continued

Instructions

8. On the bottom that is already covered with the basic dough and the layer of filo dough, spread the first layer of the poppy seed filling, sprinkle with the melted butter and the sour cream topping.
9. Put the second layer of the filo dough and spread over the cottage cheese filling and sprinkle it with the melted butter and the sour cream topping.
10. Put the third layer of the filo dough. Spread it with the walnut filling and sprinkle it with the melted butter and the sour cream topping.
11. Put the fourth layer of the filo dough. Spread it with the apple filling and sprinkle it with the melted butter and the sour cream topping.
12. "Prekmurska" Moving ExaCake is half way made. Repeat all the fillings again to get 8 uniform layers. The top should be the filo dough.
13. Cover the top with egg yolk and the melted butter.
14. Bake for 1 hour or until top is golden brown.
15. When baked sprinkle it with sugar.



Ingredients

Walnut filling

- 300 g grounded walnuts
- 100 g sugar
- 1 spoon of vanilla sugar
- 0.4 dl of rum

Apple filling

- 1 kg apples (use the sour type)
- 120 g sugar
- 100 g bread crumbs
- 2 spoons of vanilla sugar
- pinch of salt
- cinnamon powder

Sour cream topping

- 60 dl thick sour cream
- 5 eggs

Dressing

- 250 g of butter

Coating

- 1-2 egg yolk

Big Walnut 12 Cake



From: Matjaz & Eva

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

Instructions

Dough:

1. Dissolve yeast onto lukewarm milk in small bowl, then add sugar and combine. Cover and let rise in warm place for about 10 minutes.
2. In big bowl scald milk and add butter. Cool to lukewarm.
3. In small bowl beat egg yolks and then add sugar, salt and vanilla. Mix all the ingredients.
4. In large bowl, sift 3 cups flour.
5. Pour mixtures of prepared yeast, milk, butter, eggs and sugar into mixing bowl with 3 cups of flour.
6. Beat with electric mixer until smooth and elastic.
7. Keep adding remaining flour and mixing with a wooden spoon.
8. Place on floured board and knead for about 15 minutes, adding flour as needed, to make non-sticking dough.
9. Place dough in a lightly bowl and turn to grease top.
10. Cover with a clean towel and let rise in warm place for about 2 hours until double in bulk.
11. When dough has doubled, punch it down, again let rise till doubled (45 minutes).
12. Meanwhile grease a round angel food cake pan.

Filling and Baking Continued Next Page

Ingredients

Dough:

- 1 large cake compressed yeast (2 oz.)
- half cup of lukewarm milk
- 1 spoon of sugar
- 1 and half cups of milk
- 3/4 cup butter
- 5 egg yolks
- 3/4 cup sugar
- 2 teaspoons salt
- 1 tablespoon vanilla
- 7 cups of all-purpose flour (sifted)

Walnut Filling:

- 2 pounds walnuts (ground fine)
- 1 stick butter (1/4 pound)
- 1 and half cups milk or half and half cream
- 2 cups sugar
- 1/2 cup honey
- 1 tablespoon vanilla
- Grated peel from 1 orange or 1 lemon
- 5 egg whites
- Cinnamon

Big Walnut 12 Cake



Continued

Instructions

Filling and baking:

1. Grind walnuts in food chopper with finest blade.
2. Melt butter in large saucepan and add milk, sugar and honey. Then cook to rolling boil, taking care not to let it boil over.
3. Pour hot mixture over walnuts and then add vanilla and grated peel. Mix thoroughly and allow to cool.
4. Beat egg whites till stiff, fold into cooled walnut mixture.
5. Punch down dough, on slightly floured surface roll. Spread on the filling all over the dough.
6. Roll up jelly-roll fashion and place the loaf into the pan.
7. Let loaf rise until almost doubled (around 30 minutes).
8. Meanwhile start heating the oven to 190°C.
9. Brush the top of the loaf with melted butter
10. Bake the loaf for 35 min
11. When done, remove from the pan. Lay upside down on rack to cool completely.



Ingredients



Non-technical Fruit Disk

From: Debra Lilley

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

Instructions

Open Flan Case – this is normally where I get stuck

Arrange fruit lovingly on base but not higher than ridge

Make up gelatin as per packet instructions

Pour over fruit carefully

Leave in fridge to set

Serve with squirty cream (which can cover up any mess you make)



Ingredients

Flan Case from baking aisle in supermarket

Tins of favorite fruit in juice (I guess fresh fruit would work)

Gelatin mix

Squirty Cream



APEX Ice Cream



From: Dimitri Gielis

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

In this recipe we will do some rapid ice cream development and serve it with some HTML5 and CSS3 chocolate sauce. We have very little moving components and everything is done within the framework (Ice Cream Maker).

To present the ice cream we can either go for a standard theme or we can take it to the next level and follow the responsive design principles.

Optional: we can also enhance the ice cream with some other JQuery plugins.

So lets get started.

Instructions

1. Make sure you have the database installed and the framework ready to be used.
2. Combine the cream, milk and vanilla seeds in a pan and bring almost to the boil.
3. Set aside to cool slightly
4. Meanwhile, in a large bowl, whisk the egg yolks and the sugar together until thick and pale yellow in color
5. Stirring continuously, pour the milk/cream mix onto the whisked egg and sugar. Ensure that the sugar is completely dissolved.
6. Return the mix to the pan and, over a low heat, continue to stir until the mix gets a bit thicker.

Tip 1: take your time to let the weather vaporize, it makes your ice cream smooth and creamy

Tip 2: don't let the mix boil otherwise you get granular ice cream.

Continued Next Page

Ingredients

500ml / 1pt full fat milk

125ml / 1/4pt single cream

1 vanilla-pod

3 egg yolks

125g / 4 1/2oz castor sugar

70g / 2 1/2oz chocolate



APEX Ice Cream



Continued

7. Allow the mix to cool thoroughly and stir from time to time
8. Pour the mix into the Ice Cream Maker and mix until firm

Building the chocolate sauce

1. Put 70g / 2 1/2oz chocolate in a bowl with water
2. Heat the bowl au bain-marie till the chocolate is completely melted

Notes

Take a nice bowl and put two scopes of ice cream in. Pour over as much as chocolate sauce as you'd like and finish up with some extra chocolate chips and a biscuit.

In Belgium we love chocolate, so I can't get enough of it. There are many different kinds of chocolate, but I prefer the really dark (and bitter +75%) one. Together with the sweet ice cream it makes my favorite dessert!

Ingredients



Mango Pudding

From: Lillian Buziak

Serves: 4

Prep Time: 10 min

Cook Time: 60 min

Instructions

1. Puree the mangoes in a blender. Transfer to a bowl. Pour the evaporated milk onto the mango puree, and the sugar and mix well
2. In a separate bowl, pour in hot water and add the gelatin (an not the other way around or you will get lumpy bits). Quickly stir until all the gelatin granules have dissolved and add to the pureed mangoes and mix well.
3. Ladle the mixer into 4 dishes. Place on a tray and refrigerate for at least 1 hour
4. When ready to serve, briefly put the dishes in a baking pan filled with 1 in. of hot water to help loosen the pudding. Use a flat knife to run around the edges of the pudding. Place a plate on top of the dish and quickly invert it - the pudding should fall onto the plate.
5. Squeeze over lime juice, dust with powdered sugar and decorate with lime zest and sprig of mint.



Ingredients

2 C fresh mangos (peeled)

1 C evaporated milk

1/2 C superfine sugar

1 C hot water

3/4 oz powdered gelatin

Juice and zest of 1 lime

powdered sugar for dusting

Mint sprigs



Contributors



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What I've enjoyed most, though, is meeting people who have a real interest in food and sharing ideas with them. Good food is a global thing and I find that there is always something new and amazing to learn - I love it!

~***Jamie Oliver***

I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking. If I wanted a picture I'd buy a painting. ~***Andy Rooney***

Salt is born of the purest of parents: the sun and the sea.~ **Pythagoras**

Red meat is not bad for you. Now, blue-green meat—that's bad for you!
~ **Tom Smothers**

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons. ~ **Alfred E. Newman**

Lewis R Cunningham



Lewis Cunningham is a native New Orleanian who now lives in Tampa, FL. Lewis started writing as a teen, but didn't choose to publish until fairly recently (which is nowhere near the teen years).

Lewis is an Oracle ACE Director, Oracle 11g Certified Professional (OCP), Oracle 11g Certified Data Warehouse Implementation Specialist, Database Architect and self-professed database geek. Lewis has over 25 years of database experience, mostly with Oracle, but also with PostgreSQL, MySQL and others. Lewis has worked in the federal government, higher education and financial industries.



Lewis has authored, or co-authored several books, including the very popular, "Expert PL/SQL Practices: For Oracle Developers and DBAs" by Apress. His other books include SQL DML and EnterpriseDB: The Definitive Reference. Lewis is particularly fond of his middle grade novella, "Beyond The Fence", which was written with the assistance of his 9 year old son.

Lewis has also written numerous articles, essays and white papers on various database topics. He writes the popular Oracle blog, [An Expert's Guide to Oracle Technology](#).

When not databasing, Lewis is probably writing fiction, blogging on one of his many blogs or enjoying spending time with his family. To keep up with what Lewis is doing, find him at his author page on [facebook](#), , [goodreads](#), [LibraryThing](#) or [amazon](#).

I'm on Twitter [@theRealLewisC](#) and you can email me lewis@lewisc.us

Vikki Lira

Senior Manager, Community Programs, Oracle Technology Network. Vikki has worked at Oracle for almost twenty years and has managed the Oracle ACE program since its inception. She resides in Westminster, Colorado with her husband, Trent and their 3 kids. Cooking is a hobby she developed while living in San Francisco, California, a "foodie's paradise". These days her culinary repertoire focuses on easy, healthy recipes that can be made in large quantities to feed her busy, rapidly growing kids.

Sheeri K. Cabral



Sheeri K. Cabral has a master's degree in computer science specializing in databases from Brandeis University and a background in systems administration. Unstoppable as a volunteer and activist since age 14, Cabral founded and organizes the Boston, Massachusetts, USA, MySQL User Group and is the creator and co-host of OurSQL: The MySQL Database Community Podcast, available on iTunes. She was the first MySQL Oracle ACE Director, and is the founder (and current treasurer) of Technocation, Inc., a not-for-profit organization providing resources and educational grants for IT professionals. She wrote the MySQL Administrator's Bible and has been a technical editor for high-profile O'Reilly books such as High Performance MySQL 2nd Edition and CJ Date's SQL and Relational Theory.

Dan Hotka



Dan Hotka is a Training Specialist and an Oracle ACE Director who has over 35 years in the computer industry, over 29 years of experience with Oracle products. His experience with the Oracle RDBMS dates back to the Oracle V4.0 days. Dan enjoys sharing his knowledge of the Oracle RDBMS. Dan is well-published with 12 Oracle books and well over 200 printed articles. He is frequently published in Oracle trade journals, regularly blogs, and speaks at Oracle conferences and user groups around the world.

Ronald Bradford



With a passion to deliver high quality technical work, Ronald is always looking for the next challenging, hard working, and rewarding team environment contributing his many years of knowledge and wisdom and to enhance many more.

Marcelle Kratochvil



Marcelle Kratochvil is an Oracle DBA and Developer. She is CTO of Piction and her core focus is on working with and managing multimedia in the database.

She has been working with Oracle since v4 and has extensive experience with the database on Windows, Linux and Solaris. Her joy is building web based apps in PL/SQL and has developed search engines, XML languages and webservices in it.

Her first book: "Managing Multimedia and Unstructured Data in the Oracle Database", is due for release shortly and is available at:<http://www.packtpub.com/managing-multimedia-and-unstructured-data-in-oracle-database/book>

She has been an Oracle ACE Directory (all data/any data) for over 4 years, comes from Australia, enjoys playing field hockey and loves a good single malt.

She enjoys cooking and likes to take on challenging dishes. She cooks for fun.

Arup Nanda



Arup Nanda has been working exclusively as an Oracle DBA for last 15 years covering everything from performance tuning to disaster recovery. He is the global head of database architecture for a New York area multinational company. He has co-authored 4 books on Oracle database, written 300+ articles in many publications including Oracle Magazine and OTN, presented 150+ sessions at conferences like Oracle Open World and IOUG Collaborate, publishes a blog (arup.blogspot.com), conducts training sessions and builds tools for effective database administration. He is an Oracle ACE Director, a member of the Oak Table Network, an editor for SELECT Journal - the publication of IOUG, a member of the Board of Directors of Exadata SIG. In 2003, he was awarded the DBA of the Year by Oracle.

Brendan Tierney



Brendan is based in Dublin, Ireland, where he is involved with the local Oracle User Group. He is also deputy editor of Oracle Scene Magazine. Brendan began working with Oracle 5, Forms 2.3, ReportWriter 1.1 and has worked with all the versions since. He has worked on projects in Ireland, UK, Belgium and USA. Brendan's main interests are with Predictive Analytics and Data Science. He regularly blogs on the Oracle Advanced Analytics Option. He can be found at:

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Kellyn Pot'vin



Kellyn Pot'Vin is French-Canadian by birth and raised in the beautiful Upper Peninsula of Michigan. She now lives northwest of Denver, CO with her partner, Tim and her three children, Sam, Cait and Josh. She works for Enkitec and blogs at dbakevlar.com



Lillian Buziak

Lillian Buziak is a San Francisco native and was introduced to cooking at an early age where she used to help her father, a former chef, in the kitchen every Sunday afternoon to prepare dinner. She was raised in a traditional Chinese household and Sunday family dinners (including extended family) was a predictable event that occurred weekly for many years. Lillian learned early on how food brought family together and the importance of sharing it with those around her. She was also taught never to waste food (every grain of rice in her bowl had to be eaten) and to always try something new. A hard but good lesson, Lillian enjoys cuisines from all over the world and strives to pass on her eclectic palette to her young kids. Lillian is a team member of the Oracle ACE program.

Debra Lilley



Oracle Alliance Director at Fujitsu –posh title for simply making sure we work well together. Someone in Fujitsu needs to understand everything Oracle and sharing that internally and with customers. #ILoveMyJob. I live in N.Ireland but probably call most airport lounges home. My best friend is my daughter, a serving officer in the British Army; however she will be horrified at this contribution as I simply can't cook unless instructions suggest time in microwave. Outside of work I volunteer with UKOUG, and with whatever is left I dive, sew and teach IT to silversurfers and of course look after Stanley (link <http://www.wtfistheacevest.com/>)

<http://debrasoracle.blogspot.co.uk/>

Matjaz and Eva



Matjaz B. Juric, Ph.D., is professor at the University of Ljubljana and head of the [SOA](http://www.soa.si) and [Cloud Computing Competence Centre](http://www.cloud.si) (www.soa.si; www.cloud.si). He is Oracle ACE Director, Java Champion and IBM Champion and has published more than 500 articles. He has (co)authored 15 books, among them Do More with SOA Integration, WS-BPEL for SOA Composite Applications, Business Process Driven SOA, Business Process Execution Language, BPEL Cookbook, etc.



Eva Zupancic, is a researcher at the University of Ljubljana. Her core competencies include trust and reputation management, human factor modeling, and security. She is a passionate chef.

Dimitri Gielis



Dimitri was born in 1978. Together with his family he lives in Leuven, Belgium.

Already at an early age Dimitri started with computers (Apple II, IBM XT) and he quickly knew he would like to work with computers and especially with databases all his life.

In 2000 Dimitri began his career working as a consultant for Oracle Belgium where he got in touch with almost every Oracle product. His main expertise was in the database area, but at that time he was also exposed to HTMLDB which was renamed Oracle Application Express later on. From the very start he liked the Oracle database and APEX so much he never stopped working with it. Dimitri then switched to another company to create an Oracle team and do pre-sales, to later create and manage an Oracle Business Unit.



In 2007 Dimitri co-founded APEX Evangelists (<http://www.apex-evangelists.com>). APEX Evangelists is a company which specializes in providing training, development, and consulting specifically for the Oracle Application Express product.

On his blog (<http://dgielis.blogspot.com>) he shares his thoughts and experience about Oracle and especially Oracle Application Express.

Dimitri is a frequent presenter at different Oracle User Groups for example OBUG Connect, IOUG Collaborate, ODTUG Kaleidoscope, UKOUG conference and Oracle Open World. He likes to share his experience and meet other people.

In 2008 Dimitri became an Oracle ACE Director. Oracle ACE Directors are known for their strong credentials as Oracle community enthusiasts and advocates.

In 2009 Dimitri received the “APEX Developer of the year” award by Oracle Magazine and he also received the Best Speaker Award at ODTUG Kaleidoscope that year.

In 2010 Dimitri received the “Inspiring Presentation award“, “Best Overseas Presenter” from UKOUG 2010.

Floyd Teter



Floyd Teter is an Oracle ACE Director, an Oracle Fusion User Experience Advocate, and the Executive Vice-President of Products and Strategy at EiS technologies. Floyd has over 30 years of business experience, including 15 years expertise with the Oracle Database, MySQL, and the Oracle E-Business Suite. He also has a deep knowledge of WebLogic and Fusion Applications. You can follow Floyd's thoughts (be prepared for serious attitude) at ORCLville.blogspot.com and on Twitter @fteter.

John Flack



John Flack has been acting as an internal consultant on projects at the U.S. Department of Health and Human Services (HHS), including the Substance Abuse and Mental Health Services Administration (SAMHSA), the Administration for Children and Families (ACF), and the Office of the Assistant Secretary for Planning and Evaluation (ASPE). He has also provided Oracle database administration services for the National Council of Architectural Review Boards (NCARB). He has more than twenty-five years of system analysis and design experience. John is the author of numerous papers on Oracle Software Methodology, which he has presented at the Oracle Development Tools Users Group (ODTUG) Kaleidoscope conferences and other local Oracle user conferences. His paper, "Google Maps, ADF Faces, and Oracle Locator: A Backstage Tour of the New Treatment Locator," won the Editor's Choice Award for ODTUG Kaleidoscope 2008. His primary interests are JEE development with Oracle JDeveloper and Oracle Application Development Framework, database architecture and design, and PL/SQL Web Toolkit development.

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